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SCENE (page 12)

CALGARY ET CALGARY

Tuesday, October 19, 2010 www.metrone ws.ca



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Nenshi wins Calgary makes sweeping change as election fever grips the city Meet your new aldermen D Voter turnout skyrockets {pages 3, 4 and 6} ▶ Naheed Nenshi hugs his parents as he entered his campaign headquarters victorious last night in Calgary

News

Graphic testimony in Col. case

Canadian military commander posed in lingerie he collected as trophies, images from his murder trial show {page 8}

Boldly begin your business

Don't be afraid to rise to the challenge and ask for help {page 20}



Passion can ease the pain

Love can act like a potent painkiller: Study {page 19}

Comfort food for a fall night

Fusilli, meatballs also make for great lunch {page 18}

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Kitchen fire injures woman

Calgary firefighters responded to a call yesterday where a woman was burned in a kitchen fire.

Fire crews arrived at an apartment building in the 3800 block of Marlborough Drive N.E. where a fire had ignited on the third floor.

The woman was cooking when a pot of oil caught fire and she attempted to put the fire out with an extinguisher. She suffered injuries to her arm and chest. She was treated by EMS and transported to hospital.

Damages from the fire are estimated at nearly \$10,000. • METRO CALGARY



Men charged in stabbing

ATTACK. Two men have been charged in relation to a stabbing in the city's southeast on the weekend. Police have charged both men with assault in relation to the stabbing outside of the Acadia Community Association. The victim, said to be in his 20s, remains in hospital in stable condition. METRO CALGARY

Traffic stop uncovers gun

WEAPONS, Calgary police have four people in cus-tody after a traffic stop allegedly uncovered a loaded handgun early yesterday morning. Po-lice pulled a vehicle over for driving erratically just before 3 a.m. near Glenmore and Deerfoot when they found the loaded gun. Officials continue to investigate. • METRO CALGARY



Nenshi rides his revolution to wi

Nenshi gets 110,520 votes, McIver 90,924, Higgins 73,702 − with 209 polls reporting • Huge voter turnout comes out in favour of Nenshi

Call it Nenshi's night.

Dozens of ecstatic sup-porters, decked out in signature purple from head to toe, filled campaign headquarters in the basement of an 11th Avenue building in the city's southwest to cheer maycandidate Naheed Nenshi to victory yesterday night.

Thousands more lined up at polling stations to cast their ballots for the candidate who

dubbed an underdog from the start, but quickly created a "purple revolution" via an aggressive cam-paign that had oversized signs plastered across Calgary and took advantage of both traditional and social media.

Nenshi thanked everyone, from trustees to aldermen to mayoral candidates, "for running campaigns of integrity, inviting all Calgarians to believe in government

He said it became clear during the election race that candidates across the board have something special in common: "Ā deep, deep love for this city and a strong hope for the future."

To a chorus of applause and chants of "Ric! Ric! Ric!" Ric McIver held his head high with his wife by his side as he met with supporters.
"How can I not be

proud and pleased to have such an outstanding group of human beings out here tonight?" he said. Meanwhile, Barb Hig-

gins teared up as she thanked her supporters.

"I feel no different because of this outcome. I'm still thrilled that I jumped in," she told the audience. 'We can all hold our heads high."

 KRISTEN LIPSCOMBE WITH FILES FROM KRISTA SYLVESTER AND KATIE TURNER





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Subject to prior sale

kQ not w/diane's team. Was in a space w/team me nat left account open. Thought it was mine, tweeted & rest is history AldermanDiane would never walver on support. Have met her & es a loyal woman! Again apologize 4 the mixup! Get out & vote

Christina Rontynen had some explaining to do on Twitter yesterday afternoon. n't be a habit - especially considering u

Tweet causes brief confusion

It was an oops that was quickly deleted but still caught the attention of afternoon Twitterers yester-

Christina Rontynen tweeted that she "doesn't understand why @Alderman Diane backed @RicM-cIver...could hurt her in the polls significantly."

The only problem is that she mistakenly sent the tweet from an account belonging to a member of Diane Colley-Urquhart's campaign team, rather than from her own personal account.

"Basically, I share office space with a member of her team and sat down to tweet on an account and I thought it was mine but it wasn't," she said.

"I quickly deleted it and sent an apology to her team but some people still noticed it, which is a good sign that people are paying attention.

Colley-Urquhart didn't return calls for comment, but Rontynen said the campaign team member wasn't upset about the mistake

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ry, meet the projected vinners of the city's 14

All vote tallies are as of 11:45 p.m. last night.



Ward 1 Dale Hodaes 3.948

Chris Harper 2,057 Judi Vandenbrink 1.215 Ric Lockhart 1,215 Norm Perrault 224 Bill Scott 618



Ward 2 **Gord Lowe** 6,650 votes

Biagio Magliocca Terry Avramenko 2.605 Daniel Del Re 539



Ward 3 Jim Stevenson 5,559 votes

Helene Larocque 2,167 Pervaiz Igbal 1.182 Gary Tremblay 619



Ward 4 Gael MacLeod 1.874 votes

Sean Chu 1,253 Jane Morgan 1,025 Jon Wong 887 Brad Northcott 627 Tommy Low 500 Leslie Bedard 354 Dwight Boehm 234 Carol Poon 209 Jeff Haussecker 191 Curtis Kruschel 141



Ward 5 **Ray Jones** 3,778 votes

Jay Bal 1,029 Beena Ashar 672 Robert Guizzo 581



Ken Rogers 882

CALGARY

The City of Calgary Ward Boundaries

Ward 6 Richard **Pootmans** 1,095 votes

John Yannitsos 461 Randy Royer 406 Brent Mielke 349 Tom Malvszko 254 Robert Wills 92 Coral Turner 89 Rad Dimic 27 Henry Ronald Sims 14



Ward 7 Druh **Farrell** 5,589 votes

Kevin Taylor 5,565 Jim Pilling 1,204 Elizabeth Ann Cook 749 Michael Krisko 598

Ward 8

7,987

John Mar



Zakary Pashak 5,812 David Lapp 595 Antoni Grochowski 354



Ward 9 Gian-Carlo Carra 6,670 votes

Mike Pal 5,255

Jeremy Pat Nixon 3,774 Steve Chapman 2,510 Stan Waciak 771 Petra Clemens 599 Charles Henry Hollinger 458 Adam Vase 196



Ward 10 **Andre** Chabot 10.954 votes

Robert Kennish 1,475 Nargis Dossa 1.022 Karl Schackwidt 725



Ward 11 **Brian Pincott** 4.629

votes

James Maxim 4.398 Olga Knight 1,621 Wayne Frisch 1,298 Ernest McCutcheon 1,193



Ward 12 Shane Keating 6,237

Al Browne 4,699 Roger Crowe 3,047 Ben Sim 459 Rory Rotzoll 438



Ward 13 **Diane Col**lev-Urquhart

7,647 votes Sandy Jenkins 3,830 Andrew Rodych 1,786 Trevor Hodge 1,211



Ward 14 Peter **Demong** 3,819 votes

Richard Dur 3,144 Shawn Kao 2,415 Linda Fox-Mellway 2,348 Ken Gerelus 714 Billy Tummonds 512



Voter turnout widely exceeds 2007 figures

Calgarians flocked to the polls yesterday producing higher than normal voting numbers and slowing down the city's website.

As of noon, the city retotal turnout of 39,657, includ-

ing numbers from all but six voting stations. This number was up more than 13,000 from the 2007 elec-

By 4 p.m., 137,649 people representing 26.3 per cent of eligible voters had cast a ballot at 241 voting stations.

Traffic on the city's website was also higher than normal resulting in longer wait times for pages to load, according to release.

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CRIME

Jury trial set after '09 gang shooting

After a 2009 gang-related shooting, three Calgary men are set to face a jury trial next year.

The shooting, which took place on New Year's Day 2009, resulted in the deaths of three men, one of whom was a bystander.

Police believe Keni Su'a was gunned down after he saw shots fired in the restaurant he was in.

The other two men killed were Sanjeev Mann and Aaron Bendle.

Michael Joseph Roberto, Nathan Zuccherato and Nicolas Rodrigo Hovanesian are all facing three counts of firstdegree murder.

The trial is expected to begin next September.

METRO CALGARY

Ex-mayor Dia to lead gol MS review Oly

The former mayor of Lacombe has been appointed to lead a provincial government committee charged with reviewing all aspects of service for people with multiple sclerosis. Health Minister Gene Zwozdesky appointed Judy Gordon and assistant deputy minister Susan Woods to co-chair the committee. THE CANADIAN PRESS

Diary of a gold-medal Olympian

Hayley Wickenheiser hopes her new book will win over those who dismiss her sport as a two-horse race between Canada and the U.S. Wickenheiser opens the door to her life in the months leading up to the 2010 Olympics in Gold Medal Diary — Inside the World's Greatest Sports Event

THE CANADIAN PRESS

Nenshi gets youth vote in mock election



● Youth Can Vote has run for several months ● 6.166 students voted

If it we're solely up to Calgary's youth, Naheed Nenshi would be the new mayor of Calgary, according to a Youth Can Vote mock election held yesterday.

Elementary, junior high and senior high students across the city cast their ballots and a great majority chose the Purple Revolution at 41 per cent, Barb Higgins at 25 per cent and Ric McIver at 22 per cent. While Youth Mayor

While Youth Mayor Council member and student Jasmine Kassam, 17, mock voted for Ric McIver, she said Nenshi provided an intelligent and welcoming candidate.

"I think people felt like he really cares what they believe and the students were drawn to him. He's very intelligent and was robust," she said.

Kassam said the experi-

Results

 Students voted out aldermen Hodges, Lowe, Farrell and Colley-Urquhart, but kept Pincott, Fox-Mellway, Mar, Chabot, Jones and Stevenson.

ence was exciting and engaging for the students.

"It gave us a chance for

"It gave us a chance for our voices to be heard and an opportunity to learn about the city and the issues and the candidates. I will be ready for the next election when I can vote," she added.

Youth Central initiative manager Ros Doi said the students enjoyed the experience.

"They were so excited while waiting in line to cast their ballots," she said.

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'A film that was Alberta'

After recently premiering his locally made film, a Calgary director is hoping to showcase his work around the province.

Philip Spink wrote and directed The Godchild, a science-fiction film about a young boy who travels through time and space.

Spink said his goal with the project was to cultivate the local talent around him.

"I wanted to do a film that was Alberta," he said. "We have all local actors and we shot it here in Canada, but I also went around the world."

Despite a limited budget, Spink said he travelled to Italy, Greece and Turkey to get the shots he was looking for.

The movie will be showing at Canyon Meadows Cinemas for the next two Saturdays at 10 a.m. for \$5, and will then be moving on to Edmonton and Red Deer.



Rebuild going slowly but surely

▶ Blaze destroyed condos in March of this year ▶ 'Full steam ahead,' says condo board president



Residents of the destroyed Millrise condos will still have to wait several months before the rebuild is done — but progress is being made.

being made.
Cameron Wallace, president of the Millrise condo board, said work is underway on the roof.

"It's not going as quickly as we'd want it to, but it's definitely getting there," Wallace said.

Wallace expects the work to take several more months to be finished, but said the roof has been replaced on the fire-damaged side of the building.

It took several months to obtain the building permits and now they are in the rebuild stage.

"It's full steam ahead," Wallace added.

The original builder is restoring the structure.

Fire facts

- 80 units were damaged by fire.
- > 75 units were damaged by water.
- The fire was caused by a lit cigarette.
- Condo fees dropped dramatically for residents.
- Residents recently attended a meeting regarding an update.

\$12M

The cost of the rebuild, compared to the \$20 million cost if they were to have torn the building down and started over.



Looking for ways to cut down the salt

Calgary hosted a World Health Organization conference on sodium intake yesterday. The University of Calgary's Dr. Norm Campbell co-chaired the conference, which focused on developing strategies and resources on how to assess population salt consump-

tion and evaluate programs aimed at reducing salt intake. "High blood pressure is estimated to be the leading risk for death in the world," he said.

On average, Canadians consume more than double the recommended amount of salt. • METRO CALGARY

News in brief

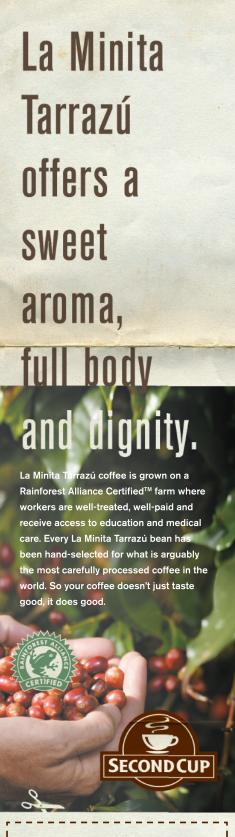
Too dangerous to be released

PAROLE RULING. The Parole Board of Canada has deemed a Calgary man too dangerous to be released early. Travis Erskine is serving a 10-year sentence for torturing Darin Davies. Erskine began serving his sentence in 2005. METRO CALGARY

A sign of discontent

ELECTION. Calgary Bylaw was flooded with complaints yesterday about campaign signs near polling stations. However, Bill Bruce of Bylaw Services said it's only illegal if the signs are in or on polling station property.

METRO CALGARY





Get a medium La Minita Tarrazú for 75 cents.

Valid at participating Second Cup locations across Canada from Oct 19 to Oct 22, 2010. Voucher entitles customer to one medium La Minita Tarrazú brewed coffee for 75 cents. Voucher has no cash value and is not valid with any other offer.



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ideal for the long term. How long

it takes and how much you save

each paycheque is your call.

3. How much are you spending and

where can you save? Have a look

at your budget over two or three

Once you find one or two, adjust

months and look for patterns.

your spending habits to reach

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your goal sooner

2. Set your goal and a timeline:

1. Open a dedicated savings

Paying yourself first is a smart way to save for any emergency



Maria **Contreras** RBC Royal Bank® Product Manager, Savings Accounts

If your family was like mine growing up, your mom and dad had a cookie jar or shoe box with bills and coins saved up for a rainy day.

Nowadays we may call it an emergency fund and keep the money in a bank account but the principle is

the same - funds we can draw on when the unforeseen happens – like a car breaking down or a fridge on the fritz.

But the reality is, while nearly half of Canadians aim to save for an emergency, only one-third are diligent about it and make regular contributions to a savings account.

For the rest of us, the challenge isn't a desire to save it's simply finding a

disciplined and regular approach

You always come first. The key, it turns out, is paying yourself first.

Because the truth is there'll always be something else to do with money

Start by setting up a separate, dedicated savings account with automatic online transfers from your paycheque - that way you'll always put aside the funds you need to help

And how do you decide on an

financial experts recommend that vou set aside about three months' salary. That's a big chunk of change and will likely take some time to accumulate but be deterred. Start small with \$10 or \$25 automatically transferred into vour emergency fund every week go by, \$25 will

\$100 and in a year or so you could have \$1,000 or more saved up you'll be amazed how quickly it adds up!

that's lying around. So the trick is to never let it lie around in the first place!

reach your emergency fund goal.

appropriate rainy day goal? Most

that's okay - don't and as the months become \$50 then



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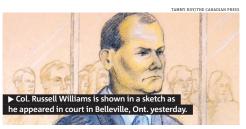
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Court hears of colonel's depravity

• Williams is entitled to a pension despite guilty plea



Col. Russell Williams indulged his fetish women's and girl's lingerie by taking thousands of pornographic photographs of himself wearing their stolen underwear and sometimes mastur-bating for the camera before his sexual obsession escalated to murder, court heard yesterday.

Graphic images of the decorated Canadian military commander posed in the lingerie he collected flashed on screens in an eastern Ontario court, afpleaded Williams guilty to two murders, two sexual assaults and 82 break and enters.

Court heard Williams broke into at least a dozen bedrooms of girls under the age of 18, including one shared by 11-year-old twin girls.

The commander was expressionless as he entered the court shackled at the ankles and hand-

Documented

- Col. Russell Williams was so obsessive in his collection of undergarments that he had to burn some of his trophies in a field to make room for more.
 - Williams kept a "complex" filing system and a log of all his offences. Photos were time- and datestamped and kept on hard drives that were found stored in the ceiling in the basement of his Ottawa home.
- Williams reportedly came to the attention of police at a Feb. 4 roadside checkpoint — just days after Jessica Lloyd was killed when his SUV's tires were linked to tread marks at one of the crime scenes.

cuffed. THE CANADIAN PRESS

Bin Laden likely in **Pakistan: Official**

A senior NATO official said that Osama bin Laden and his deputy Ayman al-Zawahiri are believed to be living in relative comfort in Pakistan houses and not hidden away in a cave.

The official told CNN

that the two al-Qaida figures are not living together, but are hiding close to each other somewhere in northwest Pakistan.

"Nobody in al-Qaida is living in a cave," he told CNN. THE ASSOCIATED PRESS





A True Love match

Today's photo of the day is by Canadian Omz Ali and was submitted in the Emotions category. The photo is titled: The True Love. Enter your photos today and view more pictures at metrophotochallenge.ca.



B.C. suicides down, says new youth study

Aboriginal children less likely to perform well in school, new provincial report claims

A new report says fewer young people in B.C. are committing suicide, but children in government-sponsored care are much more likely to consider suicide.

The report, titled Growing Up in B.C., is a joint effort by chief B.C. Medical Health Officer Dr. Perry Kendall and B.C. Children's Representative Mary Ellen-Turpel Lafond.

It's intended to provide a general overview of the major influences on the 80%

The report also found nearly 80 per cent of young people graduate from high school but aboriginal children are less likely to do well in school and face major social disadvantages and more health risks.

health and education of young people in the province and to allow the government to track these factors. It found teenage birth rates, suicides and intentional injuries to children have all fallen, but children in care are nearly three times more likely to consider suicide and nearly six times more likely to have tried to kill themselves at least once.

The Oppositon NDP says the report shows the Liberal government needs to take swift action.

THE CANADIAN PRESS



Miner honoured in Bolivia

Carlos Mamani is one of the 33 miners rescued on Wednesday after being trapped for 69 days inside the San Jose mine in Copiapo, northern Chile.

Women killed, say Tenn. cops

Two women working at a post office in Tennessee were shot and killed yesterday during a possible robbery attempt, authorities said.

Officers are searching for a maroon Chevrolet Malibu. The Associated Press

Pentagon to media: Don't print files

The Pentagon yesterday asked media organizations not to publish any classified war files released by the WikiLeaks website. It said WikiLeaks has as many as 400,000 documents on operations in Iraq. The ASSOCIATED PRESS

Sex offender going back to prison

A 34-year-old Kamloops, B.C. man who once tried to buy sex with a child is going back to jail after breaching his probation.

Brian Fehr has been given five months for using a fake name.

THE CANADIAN PRESS

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Blogs urge boycott of Campbell's Canadian soups

Right-wing U.S. bloggers say halal soups have ties to Islamic terrorist groups such as Hamas

The controversial Ground Zero mosque in New York and Campbell's Canadian-made tomato soup have nothing in common, one would think.

Yet they're being stirred in the same pot by some conservative bloggers in the U.S., who say Islamic terrorists are behind both projects.

Pamela Geller, who runs a widely read anti-Muslim site called Atlas Shrugs, is calling for a boycott of some 15 soups made by the Canadian subsidiary of New Jerseybased Campbell Soup Co.

The soups are certified as halal food, meaning they're prepared according to Islamic dietary laws. Sold in Canada, the

Sold in Canada, the soups are certified by the Islamic Society of North America (ISNA).

But Geller claims ISNA has ties to terrorist groups, including Hamas and the Muslim Brotherhood.

"No one is suggesting

\$4,000
In 2008, Pamela Geller issued an appeal to raise \$4,000 for a headstone for a Muslim-Canadian girl who was killed by her family for refusing to wear a headscarf, the New York Times reported. Aqsa Parvez, a 16-year-old from Mississauga, Ont., was killed by her father and brother after a dispute

they not have halal food. I'm not against halal food any more than I'm against kosher food. My issue is who's doing the certifying," Geller told the Washington Post Sunday.

over her choice of

other issues.

dress, her friends and

A number of conservative groups, including JihadWatch.org, have joined Geller's call for the soup boycott. What seems to be lost in the U.S. blogosphere is the fact that

Campbell's halal soups are not offered in the U.S., and the company says it's not planning to.

The company says ISNA was selected after consultations with professionals in the field of Islamic foods and nutrition, and with Islamic scholars.

ISNA has denied any ties to Hamas and has specifically condemned religious extremism and violence, the Washington Post said in a story headlined A Canadian Line of Campbell's Soups HasAactivists Stewing Over Islamic Connection.

ic Connection.

The New York Times has also published a profile of the 52-year-old mother of four, who critics say is spreading fear of Islam and a dehumanization of Muslims.

THE CANADIAN PRESS



Workers protest plan to raise retirement age

French oil workers have defied the government's demand to get back to work and end scattered fuel shortages, stepping up their fight against President Nicolas Sarkozy's plan to raise the retirement age to 62. Schools, trains, public transport and even garbage collection in Marseille have been blocked by strikes.

New bid on PotashCorp

Canadian pension funds are reportedly teaming up to thwart BHP Billiton's 38.6-billion US hostile bid for PotashCorp, but observers say the odds of the move panning out are slim.

The Globe and Mail reported yesterday that Alberta Investment Management Corp., or

Aimco, is leading talks with other funds to take a 30 per cent "blocking stake" in the Saskatchewan-based fertilizer powerhouse.

Unnamed sources quoted in the newspaper gave the plan a low chance of success, given the hefty financial commitment involved. As well, BHP's \$130

US per share offer expires Nov. 18, giving the funds only a month to put together a rival bid.

"Do I think the pension funds can pull this off in this time frame? No. Mainly because they are out of their element," said Marin Katusa, a market strategist with Casey Research.

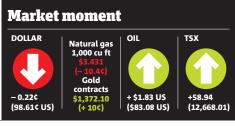
Facebook breach

The Wall Street Journal is reporting that 10 popular Facebook applications have been transmitting users' personal identifying information to dozens

of advertising and Internet tracking companies.

The newspaper said yesterday that the breach also includes users who set all their information to be completely private. And in some cases, it says, the apps provided access to friends' names.

THE ASSOCIATED PRESS





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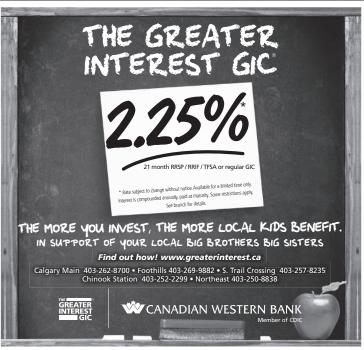
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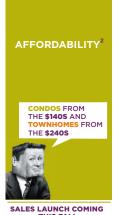
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PARTNERING UP AND PACKING ON POUNDS



The old cliché suggests that women who have been recently dumped will spend months moping on the couch devouring endless tubs of ice cream. In reality this is completely untrue.

kay, the ice-cream depress-fest might happen for a day or two but then a post-breakup fitness regime takes over.

Newly single ladies will often develop an unwavering enthusiasm for the treadmill in an effort to get back into fighting (flirting) form.

So while a breakup can be the catalyst for a renewed dedication to trim down, a fresh new romance will often have the opposite effect.

Coupling up inevitably results in a change in lifestyle. You stop attending those 9 a.m. exercise classes in favour of Sunday

morning brunch dates with gluttonous plates of pancakes. All night dance-a-thons with single girlfriends are a distant memory as you become accustomed to spending lazy nights in, cozying

up on the couch with your mate. And while your sex life might have improved significantly, these romantic romps can quickly turn into your only source of cardio as you settle down into relationship mode. In some ways, falling in love gives you licence to let yourself go.

For me, being in a relation-

ship has meant that my eating habits have undergone a significant transformation. As a single girl living on my own, a simple

salad or a bowl of cereal were perfectly satisfying dinner options. However, now that I'm part of a domestic duo I spend hours preparing homemade spaghetti bolognese and

baking decadent apple pies with my live-in love. This late night feasting is delicious, but it's also very detrimental to the waistline.

In order to keep up with my ravenous roommate I allowed my caloric intake to skyrocket. The weight gain snuck up on me slowly but surely until it smacked me in the (newly plump) face.

My boyfriend, bless his heart, refuses to admit that I'm noticeably heavier than when we first met. Even as he watches me lunge around the living room, struggling into my jeans, he sincerely insists "I really haven't noticed any change ... are you sure you've gained weight?"

As much as I'd like to blame my enabling romantic partner I know that it's my own fault. I let myself get comfortable. Secure in the knowledge that he loves me "no matter what" I invited carbs back into my life and packed on the dreaded "relationship 15".



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDE

PRIVACY IN THE AGE OF FACEBOOK



Changing stance on pets

"In some ways,

falling in love

gives you

licence to let

yourself go."

Worth mentioning

RALEIGH, N.C. When Beverly Tucker's dog Tobi ruptured a disc in his back, the veterinarian gave her a stark choice: Expensive surgery with little chance of success, or euthanasia.

Like a growing number of pet owners, Tucker opted for a third choice thanks to medical advances and shifting attitudes about animal care. She bought a wheeled cart fitted for Tobi's hind legs, restoring mobility to her paralyzed pooch.

Pets with disabilities ranging from spinal injuries to deafness still struggle more than healthy counterparts, but their futures are no longer **Pooch on wheels**



as grim as before. An industry catering to owners of disabled pets has sprung up, offering everything from carts to chiropractors specializing in canine spines.

Even in an economic slump, people are willing to pamper their pets. Total spending in the United States on pets has grown, rising from \$41.2 billion US in 2007 to about \$47.7

billion this year, says the American Pet Products Association.

Animal health specialists, rescue volunteers and medical supply makers all say they've seen a growing willingness in the American public to adopt or care for pets with ailments that once would have met with certain euthanization.

THE ASSOCIATED PRESS

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Metro Minute at Festival du Livre

If you've got a couple of minutes to spare today, head to the southwest for a book sale at the Calgary French and International School.

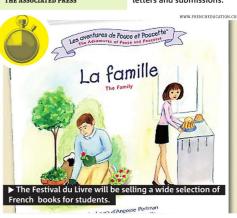
The school will be hosting the Scholastic book fair, known as the Festival du Livre

The event is one of several fundraising book fairs held during the school

year. They will be selling a wide selection of French books for students ranging from pre-kindergarten to grade six, as well as material for teens and adults.

The book fair will be taking place at 700 77th Street SW tomorrow and Thursday. It begins at 9 a.m. and is open to the public

• KATIE TURNER





Celine in hospital



Celine Dion has been admitted to a Florida hospital to prevent the early delivery of her twins.

The superstar singer is at St. Mary's Medical Center in West Palm Beach, Fla. The hospital said in a statement the admission was recommended to make sure she's near her doctors leading up to the babies' birth. Her rep said she is due to deliver the twins early next month.

Dion said earlier this year that she's pregnant with two boys She had tried for years to have more children. She and her hus band, Rene Angelil, are the parents of a 9vear-old son, Rene Charles. THE ASSOCIATED PRESS









'Buzz off malaria': celebrity battle cry

Hollywood heavyweights mouth off against malady-borne mosquitoes PSAs take on task of eradicating crisis with the help of a little humour

A new public service announcement irreverently suggests one way to solve the malaria problem in Africa: Recruit a cadre of sexy mosquitoes called La Femme Mosquita to seduce and kill their diseasecarrying counterparts.

It's one example of the humour the non-profit group Malaria No More

group Malaria No More hopes will spread awareness in eliminating the deadly disease.

B.J. Novak, star of the NBC sitcom The Office, likes the "laugh with us and not at us" approach.

He and other celebrities including Ed Helms, Elizabeth Banks, John Mayer, and Orlando Bloom are lending their support to



the group through a series of TV spots and viral videos.

Novak said that public service announcements historically have gotten lit"Looking at it simply by the numbers, the math works out verv well." B.J. NOVAK (ON REDUCING MALARIA THREAT IN FIVE YEARS)

tle respect, despite the importance of their causes, making them ripe for ridicule.

The ubiquitous This is your Brain on Drugs ad that showed an egg frying was famoulsy satirized in Nightmare on Elm Street with Johnny Depp getting whacked in the head with frying pan by Freddy

One of the funniest spots in the Malaria No

More campaign Helms as a big-game hunter. In the threeminute video, the actor suggests alternative techniques to kill malariaborne mosquitoes, such as biting back.

Helms travelled to Senegal to observe the problem and produce the spot. He called it "an incredible adventure" that he hopes will raise awareness.

He feels the campaign can educate a broad audience, and he also hopes to 'piss off a few mosquitoes in the process."

"He for sure is using the other best medicine to fight malaria," Banks said. "Humour'

THE ASSOCIATED PRESS

Deadly disease

- Malaria was eradicated in the United States in the early 1950s, but the disease continues to exist in the third world.
- In Africa, 2,000 children die every day from malaria, according to Malaria No More, which breaks down to a death every 45 seconds.
- Tools used to fight malaria include mosquito nets, insecticide and effective medicine.
- Most of the money raised for Malaria No More centres around \$10 donations that come from texting to the word NET to 85944.

Hathaway can joke about criminal ex-BF

Anne Hathaway is now at a point where she can joke about her former boyfriend admitting he was a con artist.

The 27-year-old actress opens up about the ordeal in the November issue of Vogue magazine.

Asked to name her "deal-breakers" with men, Hathaway replied, "Uh ... fraud?" and laughs.

Raffaello Follieri pleaded guilty to cheating investors out of millions of dollars by falsely claiming he had Vatican connections that enabled him to buy church property at a discount. He was sentenced to 4½ years in prison in 2008.

Iewelry that Follieri gave Hathaway was re-cently auctioned off by U.S. marshals.

All joking aside, the actress admits the relationship took its toll.

The experience taught her to be "more wary," she said. "It takes a minute for me to let my guard down, but once I do and I get to know someone, I'm very open, very trusting. Some might say too trusting.



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Dragon full of fiery fun

How to Train Your Dragon Genre: Animation Directors: Dean DeBlois, Chris Sanders

Stars: Jay Baruchel, Gerard Butler, Craig Ferguson

●●●½

Sure to be a candidate for Best Animated Feature when the Oscars roll around, this medieval charmer offers happy proof that animated movies are often the source of originality that's sadly lacking in most live-action fare.

It's the story of a timid young Viking named Hiccup, voiced by Canada's Jay Baruchel, who lives in the remote village of Berk, a place "12 days north of Hopeless and a few degrees south of Freezing to Death."

Berk would be an okay

place to live, for a Viking, except it's constantly being dive-bombed by pesky dragons. The stout locals have learned how to slay the beasts, with the exception of one deadly apparition known as the Night Fury.

Hiccup wants to be a dragon killer like his brave dad, Stoik the Vast (Gerard Butler), his trainer Gobber the Belch (Craig Ferguson) or even plucky local lass Astrid (America Ferrera). He has the wit to trap a

He has the wit to trap a dragon, but not the heart to kill it. He discovers that dragons are just like kittens, except for the firebreathing part.

The film presents the timeless messages of not judging a book by its cover and learning to be just who you are. Fortunately, these messages are disguised by a whole lot of fiery fun.

PETER HOWELL

VINYL COMBATS DIGITAL ERA



t was a dark time for the music industry last week. It took only 71,000 copies of Toby Keith's Bullets In a Gun to top the Billboard 200 chart — no other record, since Nielsen Soundscan bean tracking data in 1991, has debuted in the No. 11 spot with such low numbers.

It's proof, once again, the more people are turning to digital and leaving the physical product behind.

Or is it?

While CD sales continue to slide, people are scooping up more vinyl records than they have in years. In the States last year, 2.5 million LPs were sold, up 33 per cent from the year before. Vinyl sales actually grew at twice the rate

Of course, a couple million records is nothing compared to the 374 million CDs that were sold in 2009 or the 1.16 billion songs that found their way from paid sites onto people's computers.

of digital sales.

But the rise in vinyl sales tells us something — people still care about the package. I'm one of those LP buyers. While it's easier and more convenient to hold thousands of songs on an iPhone, nothing beats opening a record for the first time.

First of all, there's the artwork. The fact that designers have a much larger space to work with usually produces better work. The bright images, the detailed book-like liner notes—while there are some beautiful CD packages, it's much easier to find stunning graphics in vinyl products.

Then there's the act of listening to the record itself. I'm more invested in listening to an album when I have to flip it over. I'm forced to pay attention and the artist, in theory, has to make every song worth listening to,

otherwise I won't play the second half.

I've always wondered why the traditional music industry doesn't actively promote vinyl. It may not save them, but maybe an aggressive push, and a free download offer with every LP bought, would help bring more bucks to their bottom line. Record players are cheaper and more durable than the once were, plus people can purchase used ones that are still in good shape. Maybe, like the mobile

Maybe, like the mobile industry, the music world should give away or significantly discount record players so more people would buy records.

That push probably won't happen, but with LP sales going up every year, it's not time to usher in the death of the physical album just yet.



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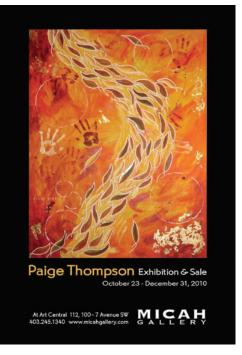
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Cage helps to fight poverty in Romania

• Actor doing good while filming Ghost Rider sequel • Will be guest of honour at charity ball that helps underprivileged Roma children

Cage will travel to Romania to film the sequel to Ghost Rider, and also be guest of honour at a charity ball helping underprivileged Gypsy children get an education.

Cage will be in Romania at the end of October to shoot the movie Ghost Rider: Spirit of Vengeance, said a press statement from the charity organizing the ball.

During his stay in the country, Cage will also par-ticipate at a Halloween ball organized by the mother of another Hollywood actor, Ethan Hawke.

Leslie Hawke says they are thrilled Cage will be at their event.

Cage's grandparents emigrated from Italy to America "back in a time when there was tremendous prejudice against Italian immigrants," Hawke said.



Prejudice against some 1.5 million Gypsies, or Roma, is widespread in Romaand many Roma children do not get a basic education, which often

leads to a life of discrimination and poverty.

Hawke, the actor, was guest of honour at last year's event, which was held in the giant palace of late Romanian dictator Nicolae Ceausescu. Cage won the Academy Award for Best Actor for his role in Leaving Las Vegas in 1995. THE ASSOCIATED PRESS

JT loves his mommy

Justin Timberlake admits that his close relationship with his mom poses at least one problem: "I'm never going to find someone as good as my mother, am I? Maybe that's why I have such problems with girls," he tells the Daily Mail of mom and manager Lynn Harless. "We're best

Penn tired of **Gossip Girl**

Gossip Girl star Penn Badgley is getting tired of making his hit TV show, he tells Page Six.

"It is what it is," he says, who is dating co-star Blake Lively. "It's the fourth season. It's become routine."

Lohan told to cut ties with her mother Dina

Lindsay Lohan is being advised to sever all business ties with her mom, Dina Lohan, if she wants to successfully overcome her substance abuse issues, sources tell Radar Online.

"Dina needs to no longer act as her manager, or work for her daughter in any capacity," a source says. "Lindsay and Dina don't have a normal mother-and-daughter dynamic because of the length of time that Dina has worked

for Lindsay.
"Lindsay feels the financial burden of taking care of her entire family. It's enormous pressure for any person in their 20s. let alone someone that is battling with addiction."





Are Shia and Carey done?

Could Shia LaBeouf and Carey Mulligan's relationbe hitting a rough

Despite claims last year she would make New York home, the British actress has returned home, according to Telegraph.

"I'm moving back to

England. It's a long story,' she tells the newspaper. "I am spending more time here at the moment. Just spending time with my family, really."

LaBeouf, meanwhile, is busy in Washington D.C. filming Transformers 3.

Celebrity tweets



50 Cent [@50cent] ı'm just learning how to use the

camera I have. I brought a professional joint the lens package was 10k. I'm not buying another one.



Keys kevsl There is no word to

properly describe LOVE, to describe BLISS, to express a FEELING like this!!!





Alicia

[@katyperrvl Why does the childrens menu always looks

Perry

delicious?! Damn kids.

Rooney reportedly wants out of Manú

Football star Rooney has reportedly told his team, Manchester United, that he has no plans to renew his contract, according to the Sydney Morning Herald.

The news comes after months of personal and professional turmoil following allegations in the press that he'd slept with a prostitute while his wife was pregnant and a growing rift with Manchester manager Alex Ferguson, who suggested last month that Rooney's game was suffering from the media attention.

"I don't think the boy can turn without a camera



on him," Ferguson told Italian newspaper dello Sport. Gazzetta That can be quite exhausting."





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Ready, steady, go

• How to get up and keep going with an exercise regime, without falling into bad habits



Once you have made the mental commitment to ditch your former lazy self, the hardest part is having enough willpower to carry on and not revert to your old ways.

Celebrity trainer Tracy Anderson guides you through the second phase of this new, fitter you.

Get up and go

For Anderson, it's all about getting the work/workout balance right.

"Start by blocking out the time to workout in the day, even if just for 10 minutes. Once you start getting used to it, increase this time to 30 minutes and eventually one hour," she says.

Don't just diet

"I don't believe anyone achieves physical beauty by going on a diet alone," explains Anderson.

"Food must be embraced in a healthy way and extreme dieting can potentially be dangerous. It's all down to control — don't spend your day eating Doritos chips but don't deny yourself steak and mash if you really want it."

Going for the lunge Anderson advises her clients who struggle the most to try to understand what they want from their body and life.

"If you love life, you will want to live it to your best and your healthiest. Tell yourself you want to look and feel great or else come to terms with the realities of an unhealthy life like being overweight and unfit," she says.

"Getting a running bud-

"Getting a running buddy, joining a yoga class or team sports such as basketball is for people who cannot motivate themselves alone."

Knowing that someone else is going through the same challenge as yourself is a highly motivating factor and a real push. People that genuinely no longer

wish to be lazy will need to switch the way they think and embrace change.

A question of genetics

Motivation is often seen as something that is only affected by our lifestyle but in reality it could also have to do with gender. In general, the desire to be active seems to come more instinctively to men than to women.

Women have a tendency to gravitate towards the quick fix solution and that can make them feel insecure.

However, both sexes use their physique and the way the look and feel as a way to empowerment.



"There are many lazy people out there who don't think beyond the typical fat to think solution. They fail to realize that being thin alone won't improve the tonicity of skin and muscle, let alone health."

TRACY ANDERSON

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Butts boosting colon cancers

• The effect of smoking as a risk factor for colorectal cancer is stronger in men than women • Found most often in industrialized nations



Your risk of developing colon cancer is increased by almost 100 per cent if you smoke.

This startling news comes from a study done in Newfoundland and Labrador.

It is the first large population-based study in Canada that shows a clear relationship between colorectal cancer and tobacco use, says senior author Dr. Peter Wang from the faculty of medicine at Memorial Ŭniversity in St. John's,

The province of New-foundland and Labrador has the highest incidence of colorectal cancer in the world. Smoking is also quite common in the province — about 34 per cent of people smoke

Dr. Wang studies ways

Statistics

The stats on males vs females

Just the facts This year, it's estimated that 22,500 Canadians will be diagnosed with colorectal cancer. That's 12,400 males and 10,100 females. About 9,100 Canadians will die of it. This makes it the second leading cause of death from cancer, according to the Canadian Cancer Socie-

that colon cancer can be prevented.

This study has pretty powerful data.

"Putting this in a population perspective, the number of cases of colorectal cancer can be reduced by 13 per cent if tobacco smoking could be completely eliminated," he

The effect of smoking as a risk factor for colorectal cancer is stronger in men than women. Colorectal cancer is more common in industrialized countries such as Canada, and far more rare in Asia and Africa, so it makes sense that something in the environment is accounting for the high rates. Here's how the study was done: Between January 1999 and December 2003, Dr. Wang and colleagues studied the health habits of two groups of people: 702 people with colorectal cancer and 717 people without the disease.

All subjects were be-tween 20 and 74 years of age. They found 96 per cent higher risk of colorectal cancer among current smokers than non smok-

Study results were published recently in the Canadian Journal of Public CANCER RISKS

Pickled meats on the list

Smoking's not the only avoidable thing that raises your risk of developing colorectal cancer. Dr. Peter Wang from Memorial University in St. John's, Newfoundland studies behaviours on the east coast that could have an effect on rates of cancer. One of his recent studies found that eating pickled meat - a commonly-found food in Newfoundland and Labrador — elevates a person's risk of developing colorectal cancer. © CELIA MILNE





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The persistent theory that sparkling wine should only be reserved for New Year's Eve or special occasions of similar celebratory stature ticks me off to no end.

Whether a Spanish Cava or full-blown vintage champagne, the clean lines and flowing effervescence of a sparkler can cozy up to the flavour profile of everything from a Big Mac and large fries to Christmas dinner.

Two Oceans
Sparkling Sauvignon
Blanc Brut (\$11.95 \$12.99) from South
Africa is a fine choice to
challenge my foodfriendly theory. Soft and
refreshing, it offers citrus, lemon and subtle
vegetal green fruit with
nice weight and density.

Italy's Voga Sparkling Pinot Grigio (S18.20 -\$22.99) is light and airy with a crisp, lemon-lime expression wrapped in a package so sexy you'd almost think you should be dabbing some behind your ears. Peter Rockwell is the

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass.



Comfort food for fall evenings

Come in from the cold to hearty, home-made comfort food the whole family will love
 This classic pairing also makes a great lunch option the next day

Fusilli and Meatballs **Preparation:**

- Coat pot with cooking spray and set over medium-high heat. Sauté onion and garlic until soft, 5 minutes. Transfer 2 tbsp onion mixture to large bowl.
- Whirl tomatoes in food processor until smooth. Add to pot. Bring to boil over medium-high heat; reduce to medium-low. Cover and simmer 30 minutes. Add basil and oregano during last 15
- Process bread to crumbs. Add crumbs, beef, egg, milk, salt and pepper to onion mixture and mix just until blended. Make twenty 2.5 cm meatballs. Coat medium skillet with cooking spray and set over medium-high heat. Cook

Ingredients:

- 1 onion, chopped
- 2 garlic cloves, minced
 796 mL can Italian tomatoes
- 796 mL can whole tomatoes in purée
- 1/4 cup chopped fresh basil
- 1 tsp dried oregano
- 2 slices dry white bread
- 500 g lean ground beef
- 1 egg
- 2 tbsp 1% milk1/2 tsp salt
- 1/2 tsp pepper
- 375 g fusilli

meatballs until browned, 8 minutes. Drain; add to sauce. Cover and cook, stirring occasionally, 20 minutes.

Meanwhile, cook pasta; toss with 1 1/2 cups sauce in serving bowl.
Serve with remaining



Warm up with savoury soup



Cream of Leek and Potato Soup Preparation:

- In large pot, heat oil over moderate heat. Stir in leeks and onion, then 3/4 cup broth. Cover and cook, stirring frequently until soft but not browned, 10 minutes. Add potatoes and stir to coat.
- Pour in half of remaining broth and bring to boil. Simmer, partially covered, until potatoes
- are soft, about 15 20 minutes. Remove from heat. Transfer to blender and purée potatoes until smooth.
- Pour remaining broth into pot. Add vegetable purée and bring to simmer, stirring constantly, 2 3 minutes. Season with salt and pepper.
- Remove from heat and stir in sour cream. Ladle into soup bowls. Makes 6 servings.

 READERS DIGEST

Ingredients:

- 1 tbsp olive oil250 g leeks, white part only, thickly sliced
- 1 large onion, coarsely chopped
- 2 x 540 mL cans chicken broth
- 500 g all-purpose potatoes, peeled and sliced
 salt to taste
- 1/8 tsp ground white pepper1/3 cup low-fat sour
- 1/3 cup low-fat sour cream



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"I was living in Israel at the time, while he was going to university in Canada. One day I was browsing through a chat room and he came online.

"Everyone was entering their basic information, and when Dan saw that I was from Israel, he immediately sent me a private message and we started chatting.

From there, we moved to emails and later to phone calls. After three months, he bought a ticket

Hometown: Vaughan, Ont.

Together since:

Their

to Israel and the rest is history. We were married in December 2002, and will be celebrating our eighth anniversary this year. We also have a beautiful twovear-old son.

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Passion can ease the pain

Sometimes love does feel like it should.

Falling in love can act as a potent painkiller, and now scientists have figured out why: It stimulates the brain's reward pathway, much like the rush of an addictive drug.

The next question is whether better understanding of the love-pain relationship might somehow help scientists tackle chronic pain. Falling head over heels isn't exactly something a doctor can pre-

But "maybe prescribing a little passion in one's rela-tionship can go a long way toward helping with one's chronic pain — assuming it's passion with the one you're with," said study co-author Dr. Sean Mackey, chief of pain management at Stanford University.

The story begins with psychology professor Arthur Aron of the State University of New York at Stony Brook, who studies the neurology of love. His



work has linked that euphoric phase of a fresh romance to brain regions rich in the chemical dopamine. Dopamine is key to what's called the brain's reward pathway. Eating sweets, for example, boosts this system - and addictive drugs like

cocaine hijack it.
"When people are in love, in many ways it's not dissimilar to what they get when they take amphetamines or stimulants," noted Dr. Nora Volkow, director of the National Institute on Drug Abuse and dopamine expert.

THE ASSOCIATED PRESS

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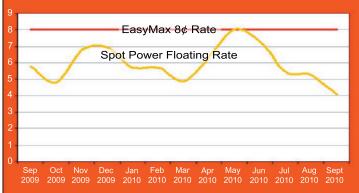
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BEWARE THE STOC

biggest mistakes investors make are selecting investments they don't know anything about; using an investment strategy that db.theglobeandmail.com/ doesn't fit their risk levgishome/plsql/gis.analyse el; avoiding research, or taking a stock tip from

an unqualified friend. On its own, the price of a stock or fund means nothing; but when you compare price, earnings, debt, industry, and other factors against other companies or funds in the same peer group you get a better picture of what the company or

fund is all about. If a particular stock has caught your eye, start by paying a visit to Sedar.com, which is pro-vided by the Canadian Securities Administration. If you're interested in evaluating a fund, check out Globe Investor's Fund Filter (http://globefund-

Investment analysts prepare informative reports on various companies and funds, covering line of business, competitive assessment of the business, historical financials, etc. An analyst also predicts the future of each of these factors.

Doing research up-front will help you avoid losing money by selecting quality investments suited to your profile.

Tips to boldly begin business

Alison's Money Rule: Rise to the challenge of running a business by posing questions • Ask for help

Scott Wilson of Oakville, Ont., got his start in mar-keting and the credit business before striking out on

Today he is the president and CEO of Bluecap Financial, and is tapping into the near virgin territory of small business lend-He's seen successes and failures and good ideas managed badly. Here are his top tips for staying alive in shark infested waters.

- · A great business idea is no sure thing. Start by knowing your target market and study - books, gurus and other successful businesses.
- · A business without a website reflects a business with limited potential. Smart entrepreneurs need



to stay one step ahead of their competition so pony up to the digital age.

 During slow times, don't cut prices. Instead hold workshops, partner with suppliers, network like crazy and aim to give customers more value.

· When taking on a

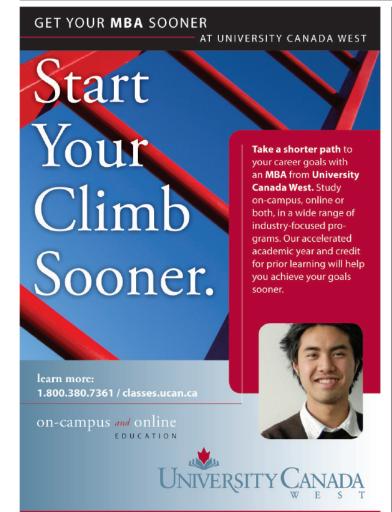
business partner, especially a friend or relative, be crystal clear about responsibilities and expectations.

 Most businesses comprise partners. Pick one with completely different skills and contacts. That way, there's more territory to draw on.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.35%
CIBC	0.70%
HSBC	1.10%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

- · Get comfortable talking, not bragging, about your business. Practice a 15 or 20 second elevator speech that tells people, simply and compellingly,
- what you do.
 There are tons of free resources for start-ups and existing businesses On the internet search Industry Canada and business or small business in your province for starters. If you prefer oneon-one attention, hire a business coach.
- · Retain experts for what you don't know. An accountant could save you lots more money than what he or she charges. Farming out the areas you don't know allows you to concentrate on your area of expertise.





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No rest for West Divsion leaders

◆ Stamps have time for only one practice before next game ◆ They'll clinch the West with a win on Friday

The Calgary Stampeders barely have time to catch their breath from their emotional win over Saskatchewan before taking on the B.C. Lions.

The top team in the CFL will have one full practice before Friday's home game against the Lions (TSN, 8 p.m. MT) after beating the host Roughriders 34-26 on Sunday.

Calgary (11-4) can clinch the West Division title with a win or a Roughriders loss in Edmonton on Saturday. The reward for that is bypassing the Nov. 14 semifinal and hosting the final Nov. 22.

Factor in a 46-19 loss in Montreal on Thanksgiving Day, and the Stampeders will play their third game in a dozen days Friday.

"It's not a lot of time and when you play three games in 12 days. It's hard work," Calgary head coach and GM John Hufnagel said yesterday. "This is a huge game coming up.

"It's just part of the schedule. When you play on Thanksgiving Day, and obviously they feel the Stampeders are the type of team they'd like to have play on Thanksgiving Day, you're going to have a grind like this."

The Stampeders players had yesterday off. Hufnagel planned a short practice today and then a full session

Lineup note

expected middle linebacker Juwan Simpson, Calgary's leader in tackles (58) and sacks (7), to play Friday after sitting out the game in Saskatchewan with a knee injury.

tomorrow before Thursday's walkthrough.

The Lions (5-10) are fighting for their playoff lives after a 31-28 loss to Edmonton on Saturday. Calgary suffered its first loss at home this season and played terribly when B.C. beat them 29-10 on Sept. 25.

The elation from snapping a three-game losing streak at Mosaic Stadium, plus the memory of their last game against B.C., should help put life back in the Stampeders' fatigued legs, Hufnagel thought.

"It's versus a team that's playing great defensive football, a team that handed it to us the last time we played," he said. "We have to get ourselves ready to play in a short amount of time, not only mentally, but get our legs back physically."

Hufnagel was pleased with his team's resiliency in Saskatchewan after quickly falling behind 14-0.

THE CANADIAN PRESS



sports

Quoted



"I think people look at women's hockey and say, 'It's a guaranteed

silver
silver
medal for
Canada' when
it's so far from
that. There's so
much
preparation
that goes into
making it look
easy, if that's
what people
think."

HAYLEY WICKENHEISER,
WHO HAS JUST RELEASED A
BOOK ENTITLED GOLD
MEDAL DIARY: INSIDE THE
WORLD'S GREATEST SPORTS
EVENT

Seau in hospital after driving SUV off a cliff

Authorities say alcohol and drugs are not suspected in a one-vehicle crash in Southern California involving former NFL star linebacker Junior Seau.

Seau drove off a cliff and was hospitalized with minor injuries yesterday, less than nine hours after he was arrested on suspicion of domestic violence. Carlsbad police dispatcher Matthew Pinell said late yesterday that alcohol and

drugs are not suspected "at this time."

Seau was taken to Scripps La Jolla Hospital in San Diego.

Seau's 25-year-old live-in girlfriend told authorities that Seau assaulted her during an argument Sunday night at his Oceanside home, according to Oceanside police. She appeared to have minor injuries and did not require medical treatment.

THE ASSOCIATED PRESS



Sports in brief



La Russa will stick around

MLB. Tony La Russa ended the usual post-season suspense, agreeing to a 16th season as St. Louis Cardinals manager. The team announced a deal

yesterday that included a mutual option for the 2012 season.

THE ASSOCIATED PRESS

NHL suspends Doan for check

NHL. The National Hockey League has suspended Phoenix Coyotes winger Shane Doan three games for an illegal check to the head of Anaheim Ducks forward Dan Sexton. Doan threw a shoulder into an unsuspecting Sexton on Sunday, moments after he had just passed the puck up the ice.



EASTERN CONFERENCE

	GP	VV	L	OIL	SL	Gŀ	GA	Pts	Home	Away	Last 10	Sti
d-Toronto	5	4	0	1	0	17	11	9	2-0-1-0	2-0-0-0	4-0-1-0	L
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-0-1	1-1-1-0	3-1-1-1	W
Tampa Bay	5	4	1	0	0	17	18	8	2-0-0-0	2-1-0-0	4-1-0-0	W
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0-0	2-0-0-0	4-3-0-0	W
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L
NY Rangers	4	1	2	1	0	14	16	3	0-1-1-0	1-1-0-0	1-2-1-0	L
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L
Ottawa	6	1	4	1	0	12	21	3	1-1-0-0	0-3-1-0	1-4-1-0	L
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L
MIECTERNICO	NIFE		-									

WESTERN CONFERENCE

	GP	VV	L	OIL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	7	4	2	1	0	23	20	9	2-2-0-0	2-0-1-0	4-2-1-0	W3
d-Dallas	5	4	1	0	0	20	15	8	2-0-0-0	2-1-0-0	4-1-0-0	L1
d-Colorado	6	4	2	0	0	19	19	8	1-0-0-0	3-2-0-0	4-2-0-0	W1
Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	5	2	1	1	1	14	12	6	2-0-0-0	0-1-1-1	2-1-1-1	L3
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Last night's results
N.Y. Islanders 2 Toronto 1 (OT)
Colorado 3 N.Y. Rangers 1
Pittsburgh 5 Ottawa 2 Tampa Bay 5 Dallas 4 Chicago 3 St. Louis 2 (OT) Sunday's results

Vancouver 5 Carolina 1

Tonight's games (All times Eastern) Boston at Washington, 7 p.m. Calgary at Nashville, 8 p.m. Vancouver at Minnesota, 9 p.m. Carolina at San Jose, 10:30 p.m.

Anaheim 3 Phoenix 2

PENGUINS 5, SENATORS 2

First Period
1. Pittsburgh, Letestu 4 (Comrie, Martin) 8:39

2. Pittsburgh, Crosby 4 (Goligoski, Malkin)

13:53 (pp) 3. Pittsburgh, Malkin 2 (Comrie, Letestu)

Penalties — Regin Ott (interference) 2:40. Penalties — Regin Ott (interference) 2:40, Hutchinson Pgh (cross-checking) 4:55, Ottawa bench (too many men; served by Neil) 7:00, Neil Ott (hooking) 13:00, Neil Ott, Engelland Pgh (fighting) 17:11. Second Period 4. Ottawa, Alfredsson 1 (Gonchar, Kovalev)

 Pittsburgh, Dupuis 1 (Lovejoy, Crosby) 10:07 6. Pittsburgh, Letang 1 (Rupp, Adams) 10:32

Penalties — Lovejoy Pgh (cross-checking) 4:07, Hutchinson Pgh (double high-sticking)

Third Period
7. Ottawa, Campoli 1 (Spezza, Ruutu) 4:19
Penalties — Gonchar Ott (hooking) 0:31, Neil
Ott (double roughing, misconduct), Carkner
Ott (holding, fighting), Rupp Pgh (fighting),
Lovejoy Pgh (roughing, cross-checking) 8:05.
Shots on goal by

| Shots on goal by Ottawa | 12 | 11 | 11 | 34 | Pittsburgh | 17 | 7 | 5 | 29 | Goal (shots-saves) — Ottawa: Elliott (_1.2-2 | 0)(22-17), Lehner (10:32 second)(7-7); Pittsburgh: B. Johnson (W.4-0-0). Power plays | (goals-chance) — Ottawa: 1-44; Pittsburgh; 2-4. Att. — 18,101 (18,087) at Pittsburgh, Pa.

ISLANDERS 2, LEAFS 1 (OT)

First Period No Scoring. Penalties — Second Period

N.Y. Islanders, Moulson 3 (Tavares, Nielsen)

Penalties — Beauchemin Tor (tripping) 0:12, Konopka NYI, Brown Tor (fighting) 12:51, Tavares NYI (goaltender interference) 16:19, Versteeg Tor (slashing) 19:44.

Third Period 2. Toronto, Kessel 5 (Phaneuf, Kaberle) 17:55

Penalties — MacDonald NYI (holding) 8:08. Wisniewski NYI (cross-checking) 17:20. Overtime

3. N.Y. Islanders, Tavares 2 (Wisniewski, Par

enteau) 3:26 (pp)

Penalty — Lebda Tor (goaltender interference)

N.Y. Islanders 8 5 6 1–20
Toronto 8 10 12 0–30
Goal – N.Y. Islanders: Roloson (W,2-1-0),
Toronto: Giguere (L,3-0-1). **Power plays**(goals-chances) – N.Y. Islanders: 1-3, Toronto:

G A PT

Att. — 19.086 (18.819) at Toronto. SCORING LEADERS

Hossa, Chi	7	4	11
B.Richards, Dal	2	8	10
Stamkos, TB	5	4	9
Sharp, Chi	6	2	8
Crosby, Pgh	4	4	8
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Kopecky, Chi	1	7	8
Liles, Col	0	8	8
Kessel, Tor	5	2	7
C.Stewart, Col	5	2	7
Letestu, Pgh	4	3	7
D.Sedin, Vcr	4	3	7
Goligoski, Pgh	3	4	7
Neal, Dal	3	4	7
Martin, Pgh	1	6	7
Ribeiro, Dal	0	7	7
H.Sedin, Vcr	0	7	7

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES (BEST-OF-7)

(All times Eastern) AMERICAN LEAGUE Texas (W) vs. N.Y. Yankees (WC) (Texas leads series 2-1)

(Texas leads series 2-1)
Last night's result
Texas 8 N.Y. Yankees 0
Tonight's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett

10-15), 8:07 p.m.

Tomorrow's game Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL FACILIE

NATIONAL LEAGUE Philadelphia (E) vs. San Francisco (W) (Series tied 1-1)

Sunday's result

Sunday's resurt
Philadelphia 6 San Francisco 1
Today's game
Philadelphia (Hamels 12-11) at San Francisco
(Cain 13-11), 4:19 p.m.

Tomorrow's game Philadelphia at San Francisco, 7:57 p.m.

Thursday's game x-Philadelphia at San Francisco, 7:57 p.m. Saturday's game x-San Francisco at Philadelphia, 3:57 or 7:57

p.m. **Sunday's game** x-San Francisco at Philadelphia, 7:57 p.m.

RANGERS & VANKEES O

IVALIGE	w	v	, ,		MINELD				
Texas	ab	r	h	bi	New York	ab	r	h	bi
Andrus ss	5	0	1	1	Jeter ss	4	0	0	0
MYong 3b	5	1	3	0	Swisher rf	4	0	0	0
JHmltn cf	5	2	2	2	Teixeir 1b	3	0	0	0
Guerrr dh	4	0	1	0	ARdrgz 3b	3	0	0	0
Borbon pr-dh	0	1	0	0	Cano 2b	3	0	0	0
N.Cruz If-rf	4	1	1	1	Thams dh	3	0	0	0
Kinsler 2b	4	0	0	0	Posada c	3	0	1	0
Francr rf	3	0	1	0	Grndrs cf	3	0	0	0
DvMrp ph-If	0	1	0	0	Gardnr If	3	0	1	0
BMolin c	4	1	1	1					
MorInd 1b	4	1	1	2					
Totals	38	8	11	7	Totals	29	0	2	0
Texas					200 000	006		В	
New York					000 000	000	-	0	
LOB—Texas	4,	Ne	2W	You	rk 3. 2B—An	drus ((1)	,	

Gardner (1).						
	IP	Н	R	ER	BB	S0
Texas						
Cl.Lee W,1-0	8	2	0	0	1	13
N.Feliz	1	0	0	0	0	2
New York						
Pettitte L,0-1	7	5	2	2	0	5
K.Wood	1	0	0	0	0	0
Logan	0	1	1	1	0	0
D.Robertson	1-3	5	5	5	1	1
Mitre	2-3	0	0	0	0	0

J.Hamilton (1). HR-J.Hamilton (2). SB-

Logan pitched to 1 batter in the 9th. WP—D.Robertson, Mitre. Umpires—Home, Jim Revnolds: First, Angel Ompres—Home, Jim Reynolds, First, Ange Hernandez; Second, Fieldin Culbreth; Third, Brian Gorman; Right, Tony Randazzo; Left, Gerry Davis

T—3:18. A—49,840 (50,287) at New York.

TENNIS

ATP IF STOCKHOLM OPEN At Stockholm, Sweden

First Round

Stanislas Wawrinka (5), Switzerland, def. Stanislas Wawrinka (5), Switzerland, def. Andreas Seppi, Halb, 6-2, 6-2. Michael Ryderstedt, Sweden, def. Daniel Gi-meno-Traver, Spain, 7-6 (3), 6-3. Jarkko Nieminen, Finland, def. Michael Berrer, Germany, 4-6, 6-1, 6-4. Doubles — First Round Eric Butorac, U. S., and Jaen-Julien Rojer, Mathorachaft Antiller, def. Siron, Anolin.

Netherlands Antilles, def. Simon Aspelin, Sweden, and Paul Hanley (4), Australia, 7-6 (4), 6-3.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

SEATTLE MARINERS—Named Eric Wedge

NATIONAL LEAGUE

SAN DIEGO PADRES-Named Dave Roberts SAN DIEGO PADIRES—Named Dave Koberts first-base coach and agreed to terms with him on a one-year contract. Agreed to terms with bench coach Rick Renteria, bullpen coach Dar-rell Akerfelds, pitching coach Darren Balsley, third-base coach Glenn Hoffman and hitting coach Randy Ready on one-year contract ex-

ST. LOUIS CARDINALS—Agreed to terms with inager Tony La Russa on a one-year con

BASKETBALL

HOUSTON ROCKETS—Waived G Antonio Anrson, F Mike Harris, F Alexander Johnson d G Jerel McNeal.

FOOTBALL

DENVER BRONCOS—Placed WR Matthew Willis on injured reserve. GREEN BAY PACKERS—Placed TE Jermichael

Finley on injured reserve. NEW YORK GIANTS—Released K Shayne Graham, Claimed OT Jamon Meredith off waivers from Detroit.

HOCKEY

LEAGUE OFFICE—Suspended Phoenix F Shane Doan for three games for delivering an illegal check to the head of Anaheim F Dan Sexton in

check to the head of Anaheim F Dan Sexton in an Oct. 17 game. NASHVILLE PREDATORS—Recalled F Nick Spaling from Milwaukee (AHL). NEW JERSEY DEVILS—Assigned D Alexander Urbom to Albany (AHL). Recalled D Olivier Magnan-Grenier from Albany,

HAMILTON BULLDOGS—Assigned D Sebastien Bisaillon and D David Urquhart to

Wheeling (ECHL).
HARTFORD WOLF PACK—Signed G Dov
Grumet-Morris.
NORFOLK ADMIRALS—Assigned G Jaroslav

Janus and F Alex Hutchings to Florida (ECHL). PROVIDENCE BRUINS—Announced G Matt Dalton was reassigned to Reading (ECHL) and G Adam Courchaine was reassigned from Reading to Alaska (ECHL).

NBA

PRE-SEASON

Last night's results Orlando 102 Atlanta 73 Charlotte 102 Miami 96 Memphis 96 New Orleans 91 Oklahoma City 111 San Antonio 102 Portland at Golden State

Tonight's games (All times Eastern) Philadelphia vs. Cleveland (at Cincinnati), 7

p.m. Washington vs. Detroit (at Toledo, Ohio), 7

p.m. New Jersey at New York, 7:30 p.m. Indiana at Minnesota, 8 p.m. Oklahoma City at Denver, 9 p.m. Utah vs. L.A. Lakers (at Anaheim, Calif.), 10

Golden State at Phoenix, 10 p.m. Sacramento at L.A. Clippers, 10:30 p.m.

SOCCER

EASTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	P
x-New York	29	14	9	6	36	29	4
x-Columbus	29	13	8	8	37	33	4
Kansas City	29	10	13	6	32	34	3
Chicago	29	8	12	9	33	37	3
New England	29	9	15	5	32	48	3
Toronto FC	29	8	13	8	30	39	3
Philadelphia	29	8	14	7	34	46	3
D.C. United	29	6	19	4	19	44	2

WESTERN CONFERENCE

	GP	W	L	Т	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28
Makes There are bet	- e				£	45.	

Chivas USA 28 8 16 4 30 38
Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tomorrow's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m. Thursday's game New England at New York, 7:30 p.m.

Saturday's game Seattle at Houston, 4 p.m. Toronto FC at D.C. United, 7:30 p.m. San Jose at Kansas City, 8:30 p.m Real Salt Lake at Colorado, 9 p.m. Chicago at Chivas USA, 11 p.m.

Chicago at Chivas USA, 11 p.m. **Sunday's game** Philadelphia at Columbus, 4 p.m. FC Dallas at Los Angeles, 8 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result Blackburn 0 Sunderland 0

CFL

WEEK 17 EAST DIVISIO

	GP	W	L	Т	PF PA	F
y-Montreal	15	11	4	0	477 375	2
x-Hamilton	15	8	7	0	396 369	1
Toronto	15	7	8	0	286 393	1
Winnipeg	15	4	11	0	411 407	

WEST DIVISION

	GP	W	L	Т	PF PA	P
x-Calgary	15	11	4	0	505 367	2
x-Saskatchewan	15	9	6	0	425 403	1
B.C.	15	5	10	0	384 397	1
Edmonton	15	5	10	0	304 477	1
x — clinched playo	off be	rth				

 clinched division. y — clinched division.
Friday's games
(All times Eastern)
Montreal at Hamilton, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 4 p.m.
Saskatchewan at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	56	30	3	149
McCallum, BC	0	26	35	1	132
Duval, Mtl	0	37	30	4	131
DeAngelis, Ham	0	35	29	3	124
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-To	or 0	25	22	2	93
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
T.Edwards, Wpg	12	0	0	0	72
Palardy, Ham-Wpg	0	18	15	7	70
Bryant, Cal	11	0	0	0	66
x-Green, MtI	10	2	0	0	62
x-Cobb, Ham	9	1	0	0	56
Robertson, BC	9	0	0	0	54
Bruce, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Lewis, Cal	7	0	0	0	42

AMERICAN CONFERENCE

EAST						
N.Y. Jets New England Miami Buffalo	W 5 4 3 0	1 1 2 5	T 0 0 0	Pct .833 .800 .600 .000	PF 159 154 89 87	101 116 112 161
SOUTH						
Tennessee Houston Indianapolis Jacksonville	W 4 4 4 3	L 2 2 2 3	0 0 0 0	Pct .667 .667 .667 .500	PF 162 153 163 110	98 167 125 167
NORTH						
Pittsburgh Baltimore Cincinnati Cleveland	W 4 4 2 1	1 2 3 5	0 0 0 0	Pct .800 .667 .400 .167	PF 114 112 100 88	PA 60 95 102 125
WEST						
Kansas City Oakland	W 3 2	L 2 4	T 0	Pct .600 .333	PF 108 120	PA 92 151

Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126
NATIONAL	. CO	NFI	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	P/
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111
SOUTH						
	W	L	Т	Pct	PF	P/
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110
NORTH						
	W	L	Т	Pct	PF	P/
Chicago	4	2	0	.667	112	97

icago een Bay innesota etroit	4 3 2 1	2 3 3 5	0 0 0	.667 .500 .400 .167	112 139 87 146	97 112 88 140
VEST						
	W	L	Т	Pct	PF	PA
izona	3	2	0	.600	88	138
attle	3	2	0	.600	98	97

WEEK SIX

W

Byes: Arizona, Buffalo, Carolina, Cincinnati Last night's result Tennessee 30 Jacksonville 3

Sunday's results

Sunday's results Houston 35 Kansas City 31 Indianapolis 27 Washington 24 Miami 23 Green Bay 20 (OT) Minnesota 24 Dallas 21 New England 23 Baltimore 20 (OT) New Orleans 31 Tampa Bay 6 N.Y. Giantz - St. Datroit 20 N.Y. Giants 28 Detroit 20 N.Y. Jets 24 Denver 20e Philadelphia 31 Atlanta 17

Pittsburgh 28 Cleveland 10 San Francisco 17 Oakland 9 Seattle 23 Chicago 20 St. Louis 20 San Diego 17

WFFK SEVEN

Byes: Detroit, Houston, Indianapolis, N.Y. Jets Sunday's games (All times Eastern) Buffalo at Baltimore, 1 p.m. Washington at Chicago, 1 p.m. Washington at Chicago, 1 p.m.
Chicinanti at Atlanta, 1 p.m.
Philadelphia at Tennessee, 1 p.m.
Pittsburgh at Miami, 1 p.m.
St. Louis at Tampa Bay, 1 p.m.
Cleveland at New Orleans, 1 p.m.
Jacksonville at Kansas City, 1 p.m.
San Francisco at Carolina, 1 p.m.
Arizona at Seattle, 4:05 p.m.
Oakland at Deurer 4:15 p.m. Oakland at Denver, 4:15 p.m.

New England at San Diego, 4:15 p.m. Minnesota at Green Bay, 8:20 p.m. Monday, Oct. 25 N.Y. Giants at Dallas, 8:30 p.m.

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Crossword

1 Make art with acid 5 Tackle the slopes 8 Volcano output

12

15

18

23 24 25

30

33

40 41 42

50

53

8 Potential

11-Down

9 Culture medium

11 See 10-Down

22 "Monkey suit"

23 Support at the

24 Retriever type, for

17 Approach

19 Moreover

10 Henry -who wed

- 12 Horse's halter?
- 13 Melody
- 14 Not "fer" 15 Forever and ever
- 16 Green banana-like fruit
- 18 Keep up
- 20 Spooky
- 21 Conclusion
- 22 Sunbathe 23 Mix together
- 26 It's near the
- proscenium 30 Aries
- 31 Transmit quickly
- 32 minute 33 Teetotal, e.g
- 36 Smooth
- 38 "La Cage
- Folles" 39 Sermon subject
- 40 With full force
- 43 Be relevant (to) 47 Peak
- 49 Gawk at
- 50 Shed
- 51 "Of course"
- 52 Opposite of blanc 53 Probability
- 54 Before
- 55 "Zounds!"

- 1 Rams fans?
- 3 Swindles

- 5 Flavourful
- 2 Quaker's address

- 4 Waste no time

- 6 Potter's oven
- 7 401(k) alternative

26 Metal container

top?

short

25 Type squares 27 Have a bug 28 Tattooist's supply

54 29 48-Down undoe

48

51

13

16

31

19

34 35

38

17

20

36 37

22

39

26

43

- 31 Repair 34 Poisons
- 35 Family member
- 36 Round Table address
- 37 Chant
- 39 Just know
- 40 Bullets and such 41 Disposition
- 42 "— Lang Syne"
- 43 Harbor structure 44 Wide-eyed
- 45 Pelvic bones 46 Target of taunts
- 48 See 29-Down

➤ Yesterday's answer

49

52

55

G	R	Α	М		S	Α	С		0	М	Е	Ν
L	T	R	Α		U	R	T		С	0	٧	Е
U	S	Е	D		В	R	Α	С	Е	L	Е	Т
Т	Е	Α	С	U	Р		0	Τ	L	Ε	R	S
			Α	G	0	G		D	0	Н		
Ρ	Α	М	Ρ	Н	L	Ε	T		Т	Τ	N	Е
Α	Ν	Α		S	Α	Т	Е	D		L	Е	Α
Т	Υ	K	Е		R	0	Ν	D	Е	L	Е	Т
		Е	G	0		Ν	Α	Α	Ν			
Α	Ν	0	R	Α	K		Ν	Υ	L	0	Ν	S
С	0	٧	Ε	R	L	Ε	Т		Τ	D	0	L
Н	1	Е	S		U	K	Е		S	0	S	0
Е	R	R	S		М	Ε	D		Т	R	Е	Е

For today's crossword answers and for expanded horoscopes, go to metronews.ca

44 45

Sudoku

10 11

28 29

	7	4				6		
			7	1				3
8					4			2
		3	9		1		8	
	8			3			1	
	6		2		5	9		
9			1					5
6				9	3			
		2				4	7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	2	9	4	7	8	1	6	5
7	4	6	1	5	2	8	9	3
5	1	8	9	3	6	4	7	2
1	6	2	3	8	9	5	4	7
4	8	3	7	6	5	9	2	1
9	5	7	2	1	4	3	8	6
2	3	1	8	4	7	6	5	9
8	9	5	6	2	1	7	3	4
6	7	4	5	9	3	2	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

"Pinky pinky pinky, you are khukhu. Only good. No bad. Do what YOU want and don't be a cc." Stupidely yours, ones.

To my shmee shmee, the love of my life. From the day I saw your picture and said to my self "she is the one". I have never rearetted a day or second that has gone by. You are my love, you are my life, you are everything to me and more. I love you and hope you see this when your doing the crossword. LIL GUY

DON. Good morning my love! I hope you have a wonderful day. Loving you.

Dear Care Bear, You're the 'conductive system' of my heart, I just hate needing an 'ECG' to read you. Forgive me for the bet, HEARTFAILURE

A look at the weather

TODAY Min 1° Max 15°

WEDNESDAY Min -1° Max 13°

THURSDAY Min 0° :<u>Ö</u>: Max 18°

Andrew Schultz, Meteorologist
"I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20

Other people may seem somewhat evasive today but don't let it worry you because even if they are hiding something from you it won't affect what vou are doing.

¥ Taurus April 21-May 21 You need to be 100 per cent honest with yourself today, especially if you have been letting things drift a bit on the work front. There is still time to catch up.

II Gemini May 22-June 21 Certain people may be hard to communicate with but don't jump to conclusions and think it's because they don't like you. More likely they have so many other things on their mind that they just don't have time to be sociable.

Gancer June 22-July 22 Only

make changes that are absolutely necessary. Things are moving so fast at the moment that any changes you make are likely to be out of date in a matter of days

you've been having for many years is close to becoming a reality. All it needs is for you to keep it in your mind at all times and before you know it you will be living it.

MP Virgo Aug. 24- Sept. 22 You may think you are smart but you could be outdone today by someone who is even more shrewd and calculating than you. Don't just assume you will win — that plays into the hands of your rivals.

△ Libra Sept. 23-Oct. 23 The only danger today is that you will be a bit too easygoing for your own good. You may be one of the zodiac's nice guys but that does not mean you should leave yourself open to conmen and crooks.

M Scorpio Oct. 24-Nov. 22

Today may inspire you to follow your instincts but other aspects warn that even your instincts should be treated with caution.

Nov. 23-Dec. 21 What happens today and tomorrow will invite you to question some of the things you have always taken for granted. Maybe the world isn't such a straightforward place after all.

り Capricorn Dec. 22-Jan. 20

If you want to get the best out of life you will have to give your best — and strive to get the best out of the people you work with. The message of the stars today is that you must work hard and play hard.

~~ Aquarius Jan. 21-Feb. 18 It's good to be generous but you should also be aware that the more you give the more some people take. Charity is for those who genuinely cannot help themselves.

H Pisces Feb. 19-March 20 Why are you still trying to conform to what other people expect? Set your goals according to what you are trying to achieve. then make the world fit in with vour plans. SALLY BROMPTON

Caption contest

'This photo better make me a hit with the ladies' EMIL KICHOUKOV



You write it!

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro





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